

CHAC Meeting – March 19, 2015

Attending:

Steve Anderson
Elton Cleveland
Charlotte Davis
Pamela Dixon
Carole B. Garner
Cindy Hogue
Don Johnson
Alan Mease (for Patricia Scott)

Joanne McLendon
Martha Phillips
Rosemary Rodibaugh
Heather Rouse
Brett Stone
Aaron Strong
Paula Smith

By Phone: Marilyn Cone

Staff: Joy Rockenbach, Act 1220 Coordinator, Cheryl Allen, Child & Adolescent Health

The meeting was called to order by Vice-chair, Bret Stone. (Chair, Barbara Kumpe was unable to attend due to responsibilities at the state capitol)

The first order of business was to review the minutes. Minutes were approved by acclamation.

Dr. Martha Phillips, member, was also guest speaker. The title of her presentation was: **Evaluation of process and impact of Act 1220 of 2003: lessons learned after 10 years.**

Dr. Phillips was one of the original members of CHAC. Dr. Phillips presented a summary of what they have found in the 10 year evaluation of Act 1220 of 2003. After the Act was passed the Robert Wood Johnson Foundation reached out because this is a great opportunity to evaluate, watch and evaluate what's going to happen on Act 1220. RWJ funded the College of Public Health continuously for nine years.

The data presented was gathered from surveys of principals and superintendents. The surveys went out in the spring of every year to every principal and superintendent in the state public school system. CPH got a 70 to 80% response rate each year. Some years it was as high as 85%. CPH also did a randomly selected sample of parents who had children enrolled in public schools in grades kindergarten through 10th grade. Approximately 2200 were surveyed per year. Selection was to achieve a representation across all parts of the state; large schools, small schools, middle schools, high schools, elementary schools. Approximately 350 adolescents were interviewed every year. All of these data were then weighted, statistically weighted so that they would be representative of the state overall – or the pool of parents in the state overall.

The gist of the presentation centered around 10 lessons learned during the evaluation period. Those ten lessons are as follows:

1. Successful passage of legislation does not stop controversy and challenge.
2. School environments, policies and practices changed after the passage of Act 1220.
3. Policy change is not necessarily permanent change.
4. Administrative and financial support are critical to changing schools beyond legislative mandates
5. Parents and school personnel adapted to the measurement and reporting of BMI
6. Parental awareness of children's weight status and accuracy in categorizing their child's weight improved.

7. Changing school environments was associated with changes in family behavior.
8. Changing schools is not sufficient to change student BMI at the population level.
9. Focusing attention on childhood obesity and weight did not lead to increases in unhealthy student behavior
10. It takes changes in both nutrition and physical activity to make changes in BMI at the school level.

Dr. Phillips noted that Robert Wood Johnson has determined new priorities for obesity prevention in the next ten years. They are:

1. All children enter kindergarten at a healthy weight
2. Healthy school environment is the norm
3. Physical activity a part of the everyday experience for children and youth
4. Healthy foods and beverages are affordable, available, and desired choices in all neighborhoods and communities
5. No sugar-sweetened beverage consumption among 0-5 year olds

Discussion following Dr. Phillips presentation began to center around CHAC next steps which might need to be awareness and communication. Several ideas were tossed out to include: public service announcements, social media outlets, automated messaging, utilizing EAST programs and students to help develop a communications plan, etc. Bret suggested that prior to the next meeting he would be in discussion with Barbara and Joy about possibilities. Another topic of discussion was around changing the letter to parents. This issue is already being explored by ACHI and Act 1220 staff. That discussion now to include CHAC members will continue and move forward.

Next item of business was the approval of the Maximum Portion Size. Stephanie Allsbrook reported and made some recommendations to make the one page document more user friendly. Several changes were discussed and the result would be that Stephanie would make those changes, get the document to Joy who would email to the membership for online voting and discussion. **NOTE: this was enacted, changes were recommended and the document was approved pending changes.** The amended document will be made available at the April meeting.

A legislative update followed with discussion around a bill to reduce physical education to be in line with block scheduling like music and art. One concern was the 60 minute cap per week. Members wanted to be sure the bill would NOT preclude a school from having more physical education/activity. Steve Anderson was able to contact the sponsor of the bill who said that he would amend so that schools could do more than the 60 minutes if they want to. There being no further business, Bret Stone adjourned the meeting.

